

# TMI focus

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A Newsletter Of The Monroe Institute

Winter 1993

## LIFE SPAN

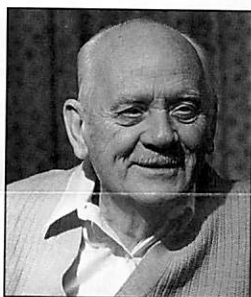
### PRE-CRADLE TO POST-GRAVE

by Robert Monroe

For many years, the Institute has searched for a proper and accurate description of the underlying purpose behind our various activities—a word or phrase that would tell it all, that would “fit” everything we do.

We found it, finally. *LIFE SPAN*.

As you know, most of our work has centered on the discovery, exploration, and understanding of who and what we really



are. Many thousands have found just how much more they are than a mere physical body, among other significant Knowns. Most important, each learned a means of self-direction and control as a result of the process.

Along the way, we introduced special methods and techniques as the need arose, such as effective ways to get to sleep without drugs, stress-tension reduction, stroke recovery, an *EMERGENCY SERIES* for surgery, injury, and illness, to name a few. By far the greatest, the most widely and successfully used, has been the in-home learning series, *HUMAN PLUS*, commonly called *H-PLUS*. Many more thousands who have never attended an Institute program seminar have learned vital self-control of mind, body, and emotion over the past five years through *H-PLUS* exercises.

In view of the growing turmoil and confusion in our physical world, *LIFE SPAN* will provide an all-encompassing structure that

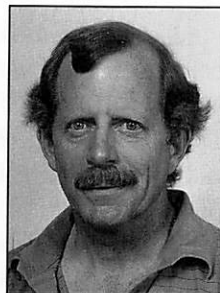
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## VISITORS TO THE MONROE INSTITUTE

by Dave Wallis

Dave first became involved with The Monroe Institute as a volunteer primarily in the research laboratory, where he designed the systems and installed the electronics, and served as a technician during *EXPLORER* sessions. He consistently worked with TMI in a variety of areas as a technical consultant, and in May of 1990 he joined the staff as a full-time systems test engineer in charge of Hemi-Sync hardware development.

As knowledge of The Monroe Institute and the Hemi-Sync technology has spread globally, both inquiries and visitors from exotic locales have increased. These visitors are eager to meet with staff members, tour the research laboratory, and if they are really fortunate, enjoy lunch and conversation with Bob Monroe. Although the backgrounds, interests, and education of our overseas visitors can vary



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## GATEWAY GRADS EXTEND DEBRIEFING

An interview with Larry Baile

On the road between Columbus, Ohio, and Ridgecrest, California, Larry Baile examined an idea that had first occurred to him earlier that week as he listened to Bob Monroe talk about the importance of staying in touch with each other. It was May 1991 and Larry was returning from Virginia after his *GATEWAY VOYAGE* at The Monroe Institute. By the time he arrived home, stepped through his front door, and dropped his luggage, Larry was committed to nurturing communication among his, by then, far-flung group of fellow *GATEWAY* graduates.

In an interview with the *FOCUS* Larry talked about his commitment, the labor of love he undertook to materialize it, and the successful results—the *Gateway Voyager DeBriefer*.

**F**OCUS: First of all, Larry, what is the *DeBriefer* and how did it get its name?

**LARRY:** It's an interactive sort of monthly newsletter. Each issue includes questions and comments from anyone in our *GATEWAY VOYAGE* group. Then, in the next issue, whatever answers I have received are published. I think of it as a continuation of the debriefing sessions we had after each tape exercise during the *GATEWAY*—that exchange of



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## DEC IN DEPTH

This joyous and lyrical report from a DOLPHIN ENERGY CLUB (DEC) recipient, plus feedback from two of those sending healing energy, provides special insight into the DEC process. If you've wondered how DEC can work to benefit you or others, here is an excellent example of the possibilities.

Deborah called in July to ask for help with several related issues of five years duration. She described severe panic attacks, with ochlophobia (fear of crowds) and a public-speaking block. These difficulties required medication and were exacerbated by harassment on the job. Deborah says she felt changes on the first day that DEC energy was directed to her.

She writes: "My dolphin experience was a lot like open-heart surgery. I felt peaceful and supported throughout my experience. . . the first day. [However,] the next three days were hell and the peacefulness elusive. I went through a period of total self-loathing, plummeted into emotional despair, and stumbled through one of the darkest nights of my soul, pure existential angst . . . It was as if the brakes of my life were on and smoking, slowing me down enough to pay attention to what was really troubling me. It became obvious that I could no longer put off loving myself.

"The holograms of my former selves, values, and behaviors were consistent with my mistaken belief systems. Through my involvement with DEC and my sincere desire for transformation, I now know that

those beliefs were simply attempts to be loved, [to be] cherished, and to feel precious to someone or something.

"Feeling no need to postpone my emergence, this 'Daring Deborah' is now on the most exciting inner journey. Past the veils of fear, I have found my heart forever pure. It is truly liberating to take total responsibility for my own creations and to lessen my dependence on externals as the sole barometer of my self-worth.

"It's funny when I look back on my naiveté [about] the art of healing. I didn't consider the *process* of what it takes to heal. I thought I'd just join this DEC club and by the end of two weeks, zap! I'd be completely healed. The process for me was this: first there was the wound, a perceived injury. Then there was the mending, the transformation. Then comes the healing part—over and over again!"

Deborah discovered a beautiful metaphor for her experience: "I have a dictionary of sacred objects and symbols. I looked up dolphins and at one time they were shown on funeral urns to represent the soul passing to another world. The dolphins were assistants."

Of her outer behavior and mental/emotional state, Deborah reports: "My family and friends see me as more confident in myself. My therapist told me I was 'glowing'

and that my progress is accelerating. My panic attacks have decreased, and I'm now feeling calmer."

During this upheaval and rebalancing, the senders' perceptions paralleled Deborah's responses. One received impressions of emotional depression and darkness in some areas of the brain on the mental body map. This individual also thought the recipient had been in an accident *requiring extended recuperation* [our italics] and

states "DEC appeared to balance the [body] maps." Another "saw" all three body maps molding to the subject's shape and felt able to

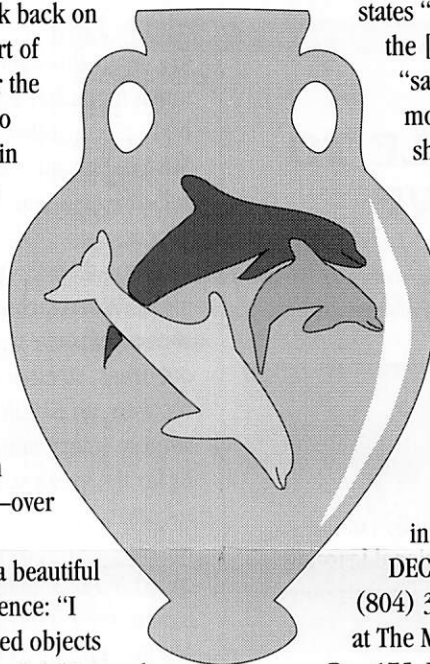
direct energy toward her successfully. This person "concentrated on envisioning healthy, vibrant body maps."

The Dolphin Energy Club is open to everyone interested in remote healing.

Direct your membership inquiry to Shirley Bliley,

DEC Service Coordinator, at (804) 361-1252 or write to her at The Monroe Institute, Rt. 1, Box 175, Faber, VA 22938-9749.

The annual fee of \$35 for Institute members and \$50 for nonmembers includes the DEC healing exercise tape, coordination of specific healing requests, and quarterly reports on DEC activity.



## PRE/POST

*Continued from page 1*

will help any individual exist and grow under such massive changes. It is far more than simply a survival kit. It can be termed a new way of being and knowing, perhaps truly a new kind of human, where one is totally in control of one's self.

*LIFE SPAN* could have these subheadings:

- A System of Planned Self-Evolution
- From Before to Beyond
- Pre-Cradle to Post-Grave

All of what we are now and what we are doing does indeed fit the label, and will be presented as the basis of the new structure. The *GATEWAY* program, both at the Center and in-home, will remain one of the basics. *GUIDELINES* already offers an exploration of the Before (pre-cradle). *LIFELINE* does the same with the Beyond (post-grave). In the days and months to come, other exercises will fill in the rest, under the supervision of those experienced in such life periods. These will include a conception series, pregnancy training, birth and

delivery, infant training for both baby and parents, childhood at various stages, adolescence development, special adulthood needs, and a Star System, when a point of departure is imminent. All are designed for self-control.

To begin officially, we are introducing another Basic:

### ***LIFE SPAN 2000***

This new program at the Institute Center may be one of the most intense learning systems ever offered. In only six days, *over 50 methods of personal control* are

installed in the mind-set of the participant. These can be recalled and used at will, not only during the program, but in the days, months, and years following as needed.

The *entire library* of the *HUMAN PLUS* exercises listed in the current catalog is

***... to provide means and methods for the human mind-body to live progressively and constructively in a rapidly changing world environment, and to assist profoundly in adaptation to such changes whatever they may be.***

included. Thus, such catalog listings offer a detailed description of what can be achieved. Many, if not all, such functions will be in common use by the participant at the completion of the program. Exactly how many will depend upon the individual. Each will likely develop those needed most.

Also, specific new functional learning patterns have been added to supply other potentials that may be needed. These include manipulation of nonphysical energies in unique and unconventional ways. Other learning methods will be means to access areas of self not ordinarily available to waking awareness for accurate decision-making.

Thus the purpose of *LIFE SPAN 2000* is to provide means and methods for the human mind-body to live progressively and constructively in a rapidly changing world environment, and to assist profoundly in adaptation to such changes whatever they may be.

Among many other things, *LIFE SPAN 2000* helps you learn to

- take charge and relax at will under stress-evoking situations
- think more clearly and faster, remember and recall in detail, and express vocally and smoothly to others
- increase physical activity capability and perform faster, with greater accuracy, strength, and endurance
- maintain your physical self, including repair and healing, easing discomfort,

detoxification, and body regeneration

- control mind and body habituation, from caloric consumption to convictions that are self-limiting

- direct, enhance, or retrain emotional patterns to more constructive energy applications

- perceive understanding and appreciation of others through empathy and new awareness produced by *LIFE SPAN 2000*

- effect total control of the sleep state, including going to sleep when desired and under adverse conditions, staying awake, taking "catnaps," getting maximum restorative and recuperative results during sleep, and setting up programs for specific dreaming

- establish contact and communication with the entire Self so as to gather information and intuitive patterns as may be needed for personal decision-making

- gather and modulate personal energy to affect, perceive, manipulate, and control external material and energy structures

Previous training in *LIFE SPAN 2000* or Monroe Institute Hemi-Sync systems is not

***The program is an educational process, and offers neither psychotherapy nor medical diagnosis and treatment.***

required. However, a participant must be eighteen years of age or older, except for special circumstances. Other *LIFE SPAN 2000* learning systems are in development for earlier ages. The program is an educational process, and offers neither psychotherapy nor medical diagnosis and treatment.

Thus, *LIFE SPAN 2000* begins a new era of Institute direction and activity. If you are interested in becoming a part of *LIFE SPAN 2000*, either as a participant or to assist in the development of some of the new areas, do get in touch with us.

It can be very exciting—and we will need much help!



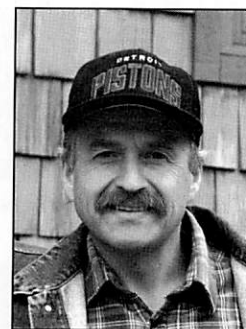
## H-PLUS SPECIAL REPORT

### TO GAIN NO PAIN

by Raymond Haimila

*Professional Division member Raymond Haimila is employed at a chronic pain clinic specializing in a program of pain management combined with drug-reduction therapy. As activity and entertainment coordinator, he introduced Hemi-Sync, and specifically the H-PLUS tapes, to six patients on a trial basis.*

To introduce the tapes, I offer a presentation on sleep, sleep cycles, sleep disorders, and the importance of sleep as a restorative process. Then, each pain patient



lies on a mat with a pillow and headphones to listen to just the *Prep* side of an *H-PLUS* tape. Sounds of snoring from two patients who said that they were usually unable to fall asleep were quite exciting.

The simple procedure of listening to just *Prep* creates receptivity to the impact of the tapes. Patients cannot wait to hear the other side! Over the next few days, as we get acquainted, I recommend specific tapes for their individual problems.

After a two-month residential program, all six patients started their own TMI tape libraries; all six patients had excellent results with some of the tapes, two had success with all the tapes, and the pain clinic has started its own TMI library.

A female with myofascial pain and dysfunction and severe pain was able to lower tension in a band across her forehead almost instantaneously after learning the Function Command for *De-Discomfort* by listening to the tape twice. With electrodes placed on her forehead and connected to an ORION biofeedback system, the reading immediately dropped from 6 mv to 3 mv when using the "Plus-55515" Command.

*Continued on page 5*



## TRAINER PERSPECTIVE

**LIFELINE  
OVERVIEW**

by Darlene Miller

Darlene Miller joined TMI's training staff in 1985. Since that time, Dar has also been appointed director of the EXPLORER and PERSONAL RESOURCES EXPLORATION PROGRAM (PREP) conducted through the research laboratory. Before moving to Virginia, Dar's "past life" experiences as a clinical psychologist included directing a 160-bed residential treatment facility for violent juvenile offenders in Colorado, and consulting with management groups on effective team building. Beginning in June of 1991, Darlene has co-facilitated, with Teena Anderson, all the LIFELINE programs.

As a child raised in a fundamentalist Christian family, I spent considerable time in church. It was common for our Wednesday-evening prayer meetings to begin with an opportunity for anyone who chose to stand up and "testify," i.e., to thank God publicly for specific blessings and "gifts of the Spirit" which had been received during the previous week. These often touching, heartfelt expressions were greeted with satisfying sounds and murmurs of approval from other members of the congregation ("Praise the Lord," "Amen, sister," "Thank you, Jesus"). Even now, some forty years later, I can easily recapture the feelings of comfort and inspiration that accompanied those spontaneous outpourings of gratitude, those testimonials to the validity of that community's particular belief system.

With the completion of twelve LIFELINE programs, I feel drawn to "stand up and testify," to acknowledge publicly the profound impact this program has had upon my own life, and to express a gratitude beyond words for each one of the participants who has shared in the adventure with



us. While it seems axiomatic that we teach what we most need to learn, through the process of facilitating the LIFELINE program I have come to feel a strong kinship with a concept described in *The Feminine Face of God* (Anderson and Hopkins).

**... those of us on a spiritual quest are searching for sisters and brothers who are so committed to hearing their own inner voices of truth ...**

Briefly summarized, those of us on a spiritual quest are searching for sisters and brothers who are so committed to hearing their own inner voices of truth that when we are in their presence we can *only* respond in kind from within our own deep wellsprings of honesty and integrity. By their example, we are inspired to dedicate ourselves willingly to exploring deeper levels of our own awareness and beingness. They become our "resonators."

It is this quality, within the LIFELINE participants to date, which has touched me so poignantly. To be within their presence for a week is to resonate with courage and the unerring devotion to knowing more of self, to move increasingly toward greater non-judgmental acceptance of self and others,

and to experience love in its fullest sense, in all its multiple forms.

So, thank you, LIFELINE participants. Thank you, Teena Anderson. Thank you, Mark Certo. And thank you, Bob Monroe, for the gift of your abundant vision. Resonators, all.  
(Amen, sister.)

**CLIP TIPS**

We depend on our readers to send us clippings of news items, editorials, columns, book reviews, research reports, etc., because commercial clipping services are prohibitively expensive.

When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut or photocopy it, indicate the date and source, and send it to The Monroe Institute, Route 1, Box 175, Faber, VA 22938-9749, Attn.: FOCUS Clip Tips. Thanks!

**QUARTERLY TAPE OFFERS SUITE DREAMS**

You gave us such positive feedback on *Macaroni Pony*, the Hemi-Sync bedtime story for kids, we decided to send you a Hemi-Sync lullaby as this quarter's member tape. This beautifully scored original music is one of four compositions from the *Sandman Suites* album. Each selection is specially crafted to be effective and thoroughly enjoyable for children and adults. If you like what you hear, and want to acquire the remaining three tapes from the album, pay only \$29.95 plus \$4.00 shipping and handling. To order, call (800) 541-2488 and please give your salesperson the number of the tape you received.

## NO PAIN

*Continued from page 3*

Measurable results were also achieved by a male with chronic pain from a neck injury and nerve root entrapment (cervical vertebrae C5-C6 and C2-C3). After he listened to *De-Discomfort* and *Circulation* two times each, the biofeedback system showed electrical activity in the forehead dropping from 3.4 mv to 1.2 mv using the "Plus-55515" Command. The same patient, whose hands always felt cold due to poor circulation, used "Plus-Flow Smooth" (*Circulation*) to raise the temperature at a fingertip sensor from 32° C to 37° C very quickly.

Although these results are not scientifically conclusive, from my personal observations—and from discussions with the patients—the tapes are a hit! *H-PLUS De-Discomfort*, *Restorative Sleep*, *Circulation*, and *Off-Loading* had the biggest impact on reducing chronic pain. The *MIND FOOD* tapes *Sound Sleeper*, *Pain Control*, and *Flying Free* were also helpful. One patient who also has asthma swears by *H-PLUS Lungs: Repair & Maintenance*.



## GRADS

*Continued from page 1*

experiences we shared as a group.

**FOCUS:** Obviously, that continuation is important to you. Can you describe why, after having spent only six days with a group of relative strangers, you felt so strongly about maintaining that connection?

**LARRY:** From the first day of the program a quiet transition began to take place. We arose at dawn and worked hard all day and late into the night. We never knew what time it was nor did we seem to care. Each new tape exercise and the debriefing session following it brought deeper insights and understanding of the others. Our group of strangers began to meld into a unified whole. I remember thinking "I have become so close to these people it's going to be sad when the time is over."

Eventually it did end, of course, but there was not the great feeling of sadness I

had expected. Rather, it was like a temporary going apart—a feeling of "I'll see you later." On my way back to California, I organized my impressions and impulses into a preliminary plan.

**FOCUS:** You've been publishing the *DeBriefer* for well over a year now. Is it working? Has the project met your expectations?

**LARRY:** Yes, it's working. And I think it has exceeded my expectations in many ways.

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*... I pick up each  
DeBriefer, think about  
who it's going to, and write  
a personal P.S.*

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When I initiated the *DeBriefer* I had some questions about my own post-GATEWAY experiences and was hoping to find answers through dialogue in the newsletter. That occurred, but even more significant is that our discussions also led to sharing other, often quite profound, experiences, which stimulated further interaction among the group. So, yes, I would say that it is working well.

**FOCUS:** Are all the members of your GATEWAY group participating?

**LARRY:** Yes. I have received written correspondence from every member except one. If I haven't heard from someone in several months, I'll usually give them a call and take notes on our telephone conversation. These end up in the *DeBriefer* as phone correspondence. Ideally, I'll receive four to six pieces of correspondence per month for an interesting issue of about four pages. Some members participate more than others, but the mix is pretty good. If everyone wrote every month I would be overwhelmed with correspondence.

**FOCUS:** The nature of the GATEWAY programs is that they are attended by people throughout the country and worldwide. As a result, the *DeBriefer* is in good company among several other postprogram newsletters designed to serve the same purpose—to help maintain the deep connections established within their groups. Another element common to each newsletter is a devoted, enthusiastic, hardworking editor/publisher. What does it actually take,

Larry, to put together an issue?

**LARRY:** How many hours do I generally spend compiling, editing, entering, writing, printing, mailing, etc.? In the beginning, as I was still getting organized, it took about twenty hours. It was truly a labor of love. As the *DeBriefer* evolved, the masthead was developed. Each issue has a theme. Once the newsletters are collated, stacked, and ready to mail, and the envelopes are all addressed, I pick up each *DeBriefer*, think about who it's going to, and write a personal P.S. This makes me feel that I am in touch with that person spiritually. The entire process takes less time now as I've become more efficient. Finally, to give the *DeBriefer* a unique look, I create envelope art by hand with marking pens. This way, it doesn't get identified as junk mail and inadvertently thrown out.

**FOCUS:** The *DeBriefer* has certainly fulfilled its purpose of continuing the deeply personal level of communication established during the GATEWAY VOYAGE. What's more, your group has maintained its connection over time. Looking ahead, what are your hopes and dreams for the *DeBriefer*?

**LARRY:** I would like to see a better response to the "Focus Projects" we do. These are group exercises, done in the various Focus levels, which are scheduled so that everyone can participate simultaneously. We're getting there, but I need to make it easier for everyone to respond to me in a way that allows the feedback to be correlated.

**FOCUS:** Larry, thank you for giving our readers a "publisher's eye view" of an obviously effective postprogram newsletter. Before we close, is there any last comment you'd like to offer on your experience?

**LARRY:** I want to sum up on this note: *Support! Support! Support!* I have received overwhelming support from all of the members of the group. Support has come in the form of letters, telephone conversations, donations for stamps and envelopes, and computer software. Perhaps the greatest support is from all the members of our GATEWAY group who let me know the *DeBriefer* is appreciated. That makes it all worthwhile!



## THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Monroe Center in Faber, Virginia.

### 1993

#### GATEWAY VOYAGE

January 9-15  
February 6-12  
March 13-19  
April 17-23  
May 8-14  
June 5-11  
July 10-16  
August 7-13  
September 11-17  
October 9-15

#### GUIDELINES II

(A Graduate Program)

January 16-22  
March 20-26  
June 19-25  
August 14-20

#### PROFESSIONAL SEMINAR

July 24-30

#### LIFELINE

(A Graduate Program)

February 13-19  
April 24-30  
June 12-18  
August 21-27  
September 18-24

#### LIFE SPAN 2000

January 23-29  
March 6-12  
May 15-21  
July 17-23  
September 25 - October 1

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia, 22938-9749. Telephone: (804) 361-1252. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync™ technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

The Monroe Institute is a 501(c)(3) nonprofit research and educational organization dedicated to exploring and developing the uses and understanding of human consciousness.

Managing Editor: Leslie France. Assistant Editor: Shirley Bliley.

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## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item (no personal advertising, please!), write or call the TMI FOCUS, The Monroe Institute.*

### Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

#### CANADA

VANCOUVER, BC  
Carol Biernat  
(604) 261-2840

#### SCOTLAND

FIFE  
Robert and Penelope Gibson  
(0337) 30767

#### U.S.A.

BUTTE, MT  
Leo McCarthy  
(406) 494-3567  
CAMBRIA, CA  
Lealand Beck  
(805) 927-4621  
FINESVILLE, NJ  
Pete Ennes  
(908) 995-9493  
HENDERSONVILLE, NC  
Joe Gallenberger  
(704) 693-4721  
INDIANAPOLIS, IN  
Shawn Casey  
(317) 852-7727  
LAMBERTVILLE, MI  
Eileen Tucker  
(313) 856-5251  
LONDON, KY  
Pauline Johnson  
(606) 878-1907

MONTVILLE, NJ  
Judith Lerner-Taylor  
(201) 402-8142  
MT. PLEASANT, NC  
Jacqueline Simanek  
(803) 849-1652  
NEW YORK, NY  
Ross Jacobs  
(212) 929-0661  
PORTLAND, OR  
Clayton Morgan  
(503) 236-1705  
Bill Oakes  
(503) 288-5305 (w)  
SAN FRANCISCO, CA  
Hildegard Minstein  
(415) 255-0446  
SCOTLAND, CT  
Genia Haddon  
(203) 456-0646  
TEMPE, AZ  
Marcie A. Katler  
(602) 968-3021  
TOLEDO, OH  
Eileen Tucker  
(313) 856-5251

If you live within reach of any of these good people, and would like to find other nearby people to "explore" with, get in touch.



### Magazines

#### Productivity

S.A., a slick South African bimonthly subtitled "excellence in management," published an article on Hemi-Sync, including color topographs from our Brainmapping Pro-

ject, in its May/June 1992 issue (Vol. 18, No. 2) called "Fine-Tuning the Mind." Author Pierre Roxburgh, director of technology for the Foundation for Human Advancement, begins with "A powerful technology reaches our shores, one which holds promise for managers, for school-children and students, for corporations, and invalids."



## HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are commonplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the

core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to pro-

vide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, or to inquire if there is an *OUTREACH* Trainer near you, call (804) 361-1252. If you wish to organize a group in your locality interested in experiencing Hemi-Sync training, please ask us how to arrange to bring an *OUTREACH* Trainer to you.

Here are some of the *OUTREACH* workshops scheduled for the next few months:

### EXCURSION WORKSHOPS

USA	SAN FRANCISCO, CA	LONDON, KY
	January 16-17	January 8-9
	February 20-21	contact <i>Pauline Johnson</i>
DULUTH, MN.	March 21-21	(606) 878-1907
March 13-14	contact <i>Gini Patterson</i>	
contact <i>Carol Connell</i>	(415) 381-5476 or	
(414) 869-1290	<i>Hildegard Minstein</i>	
	(415) 255-0446	
HILLSBOROUGH, N.C.		
March 20-21		
contact <i>Lee Stone</i>		
(919) 644-6773		

### OTHER HEMI-SYNC WORKSHOPS

CZECHOSLOVAKIA  
GREECE  
HUNGARY  
MALTA  
POLAND  
contact *Brigitta Deckebach*  
Halstenbek, Germany, 49-4101-401493 for information  
about the above, or bilingual Hemi-Sync workshops in  
any European country



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